

ABSTRACT OF THE DISCLOSURE

An optical information recording medium is provided. This medium at least stores information that indicates a maximum recording linear velocity  $V_h$ . The medium comprises  
5 a substrate having a concentric circular guide groove. This guide groove has land portions and grooves portions. At least a phase change type recording layer is formed on the substrate. The recording layer has such a composition and thickness that a dislocation linear velocity  $V$  satisfies the relation  
10  $V \geq V_h \times 0.85$ .

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